Tuesday, June 10, 2014

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SASKATOON metro®

SORRY LADIES, HE'S REALLY TAKEN

GEORGE CLOONEY AND HIS FIANCÉE ARE REPORTEDLY GETTING HITCHED IN VENICE

PAGE 10

Gasp! Is that a collarbone?!

Metro columnist tackles the drama surrounding conservative dress codes and the teens who can't pass the 'fingertip' test PAGE 6

Brazil battles subway chaos

Union officials threaten to maintain strike through the World Cup opening match PAGE 4

Happy to be back

Two Nigerian students speak out after being deported, then re-admitted to the country PAGE 2

NEWS WORTH SHARING.

Two bridges get funding from province, feds

Infrastructure. Money announced for North Commuter Parkway and Traffic Bridge replacement projects

JACOB MORGAN
jacob.morgan@metronews.ca

Money from Canada and Saskatchewan will help pave the way for two major pieces of infrastructure in Saskatoon.

Premier Brad Wall and federal minister Gerry Ritz joined Mayor Don Atchison on Monday to announce funding for the North Commuter Parkway bridge and Traffic Bridge replacement projects.

The province is committing $50 million to the North Commuter Parkway bridge, and the Government of Canada $66 million for both initiatives.

"Efficient and modern infrastructure keeps Canadians safe and healthy, supports businesses and job creation," said Ritz in his speech on behalf of Finance Minister Joe Oliver.

He added that the P3 funding model provides assurance that cost overruns will fall on the shoulders of the private sector.

Wall acknowledged the hard work of Saskatoon MLAs and city council in making this come together.

"Mayor Atch is formidable," said Wall. "Don't get between this man and a bridge."

He also praised the P3 model for its ability to secure backing from Ottawa.

"They have been true to their word with respect to the deployment of that P3 Canada Fund," he said. "Saskatchewan is doing very well by that program."

Although Wall said growth in Saskatoon is welcome, he recognized challenges like congestion. Atchison said that 40,000 vehicles a day should be able to drive on the North Commuter Parkway bridge and 12,000 on the Traffic Bridge.

"These bridges will change the way tens of thousand of people move around the city each and every day," he said.

The city estimates the cost of both projects at roughly $250 million and is aiming for a 2017 completion date. Council will deliberate on finding a construction partner from the private sector.

Premier Brad Wall and Saskatoon Mayor Don Atchison chat at the Meewasin Valley Trail near Kinnear Avenue prior to the funding announcement for the North Commuter Parkway bridge and Traffic Bridge replacement projects. North Commuter Parkway will connect Marquis Drive across the South Saskatchewan River to the University Heights area. JACOB MORGAN/METRO

NEWS 1

Nigerians return to U of R following deportation order

Student visa violations. The two girls were told in 2012 that they had to leave the country after taking summer jobs off-campus

Two Nigerian students say they are overwhelmed to be back studying in Saskatchewan after being deported for violating visa rules by taking jobs at Walmart.

Victoria Ordu and Favour Amadi have been readmitted to the University of Regina and both of their scholarships at the school have been reinstated.

"I'm still in shock that I'm here today," Ordu, 21, said on Monday at the campus.

"I'm still in shock that I will be going back to classes, because I was on the verge of losing three years of education and I felt all hope was lost."

Amadi, 23, who is taking international studies, said getting an education is empowering, especially for women.

"It's really important to me because when I go back to Nigeria, I would love to (impart) what I've learned here down to my country," said Amadi.

"I would love to serve as a role model to other people, other women and other people in general, who are going through similar situations and be of help to them whichever way I can."

Ordu and Amadi were told in June 2012 that they had to leave Canada because they took summer jobs off campus without proper student work permits. They only had social insurance cards that allowed them to work on campus and said they didn't realize the mistake.

The Canada Border Services Agency said at the time that the responsibility to understand the limitations of working in Canada lies with international students. The women took refuge at a Regina church for nearly 500 days before agreeing to leave Canada last fall.

Victoria Ordu, left, and Favour Amadi speak to supporters at the University of Regina on Monday. They're excited to resume their studies after they were deported to Nigeria for violating the terms of their visas. SARAH TAGUIAM/METRO

University of Regina president Vianne Timmons said there was "relentless pushing behind the scenes" to get the students back.

Visa rules changed in January, so what the women did is no longer illegal.

THE CANADIAN PRESS

NDP raises questions over Mantey's departure

Rick Mantey is seen being introduced to media last September as the Saskatchewan government's Usher of the Black Rod. MARCO VIGLIOTTI/METRO

The Saskatchewan NDP is raising concerns over the recent departure of a senior provincial government bureaucrat, who earlier this year was placed on probation after arranging a pricey car service for two cabinet members during trips abroad.

Trent Wotherspoon, deputy leader of the opposition New Democrats, says Premier Brad Wall and the Saskatchewan Party government need to come clean on why Rick Mantey has been removed from his post as cabinet secretary to become a special advisor to the deputy minister of parks, culture and sport.

"(This) individual, who was a close advisor to the premier, has been terminated from his high-profile position ... with no information as it relates to the investigation that was supposed to occur (on the expenses scandal)," Wotherspoon said on Monday of Mantey, who was also the legislature's Usher of the Black Rod until his probation began.

Mantey was put on probation in April after it was found that he had arranged a costly, high-end car service for June Draude, then social services minister, and for Finance Minister Ken Krawetz during their separate trips to London.

The Saskatchewan Party government maintains that no additional discrepancies have been found in Mantey's expenses to prompt his transfer to the Ministry of Parks, Culture and Sport.

Wotherspoon, though, said the "secrecy" surrounding the job change only raises more concerns.

MARCO VIGLIOTTI/METRO

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Slain Mounties honoured at public visitation in Moncton

'Such a loss.'
Thousands of police officers expected to attend RCMP regimental funeral in Moncton Tuesday

People in Moncton came together Monday in a public show of support for the RCMP as they grieved the deaths of three Mounties shot dead in the line of duty last week.

Under a cloudless sky, people gathered at the Moncton Wesleyan Celebration Centre for a public visitation service for constables Fabrice Georges Gevaudan, Douglas James Larche and Dave Joseph Ross.

About 200 people were lined up as the doors swung open to a large auditorium, where three flag-draped caskets lay near the front of the room. Atop each casket was a Mountie's brown Stetson.

"I really think there's a need for us, the people of the city, to support the RCMP," said local resident Elaine Gray, who dabbed her reddened eyes with a tissue.

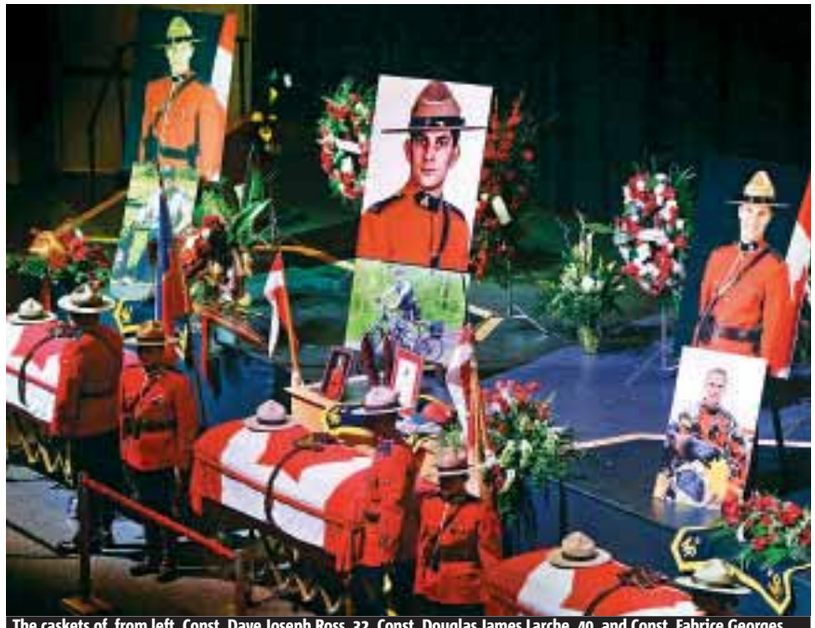
"For me, I just wanted to say thank you again and again to these people.... (What happened) was so senseless and such a shame and such a loss. I didn't know any of them personally. I know all of them now."

The visitation service was held as the city prepares to welcome thousands of police officers from across Canada for an RCMP regimental funeral service Tuesday.

Mayor George LeBlanc said he expects between 5,000 and 7,000 police officers will attend the funeral at the Moncton Coliseum. The service will be televised.

Justin Bourque, 24, of Moncton is facing three charges of first-degree murder and two counts of attempted murder.

THE CANADIAN PRESS



The caskets of, from left, Const. Dave Joseph Ross, 32, Const. Douglas James Larche, 40, and Const. Fabrice Georges Gevaudan, 45, sit in Wesleyan Celebration Centre in Moncton, N.B., Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Unrelated charge

Death threat for police

A man was charged in Moncton, N.B., on Monday with uttering a threat to cause death to peace officers, but RCMP issued a statement saying it is not connected to their investigation into the shooting deaths last week of three Mounties.

During a court appearance Monday by Jasper John Stam, the judge reportedly ordered that he have no contact with Justin Bourque, the accused in slayings of the three RCMP officers, at the request of a Crown attorney. The public prosecution service in New Brunswick would not explain why the request was made.

THE CANADIAN PRESS

Prime Minister Stephen Harper and Australian Prime Minister Tony Abbott in Ottawa Monday.
ADRIAN WYLD/THE CANADIAN PRESS

Canada 'frank' on climate change: PM

Prime Minister Stephen Harper says there's not a country in the world that would take action on climate change at the expense of its own economy — no matter what it might say.

Canada wants to deal with climate change without crippling the economy, he said Monday at a news conference with Australian Prime Minister Tony Abbott.

"And, frankly, every single country in the world, this is their position," Harper said. "No country is going to undertake actions on climate change, no matter what they say ... that is going to deliberately destroy jobs and growth in their country.

"We are just a little more frank about that, but that is the approach that every country is seeking."

Abbott, who is in Ottawa on an official visit, said every country should do what it thinks is best to deal with climate change.

"We think that climate change is a significant problem. It's not the only or even the most important that the world faces, but it is a significant problem," he said.

"It's important that every country should take the action that it thinks is best to reduce emissions, because we should rest lightly on the planet."

Abbott added he is "encouraged" by regulations introduced in the United States last week to chop carbon emissions from U.S. power plants by 30 per cent by 2030.

Harper says Canada has actually done more to lower carbon emissions in its electricity sector than the U.S.

THE CANADIAN PRESS

ALL EYES ON BRAZIL

Two more days until the 2014 FIFA World Cup starts. Metro has you covered with the latest.

Something new afoot

Shoe companies unveil new products

Nike, Adidas, Puma and other shoemakers are all trotting out new and innovative looks for this summer's World Cup. Shoe deals are part of the game for every star, and even some average players. Cristiano Ronaldo wears Nike. Lionel Messi wears Adidas. Puma and Mizuno have their own athletes. Here are five things to know about the boots on the ground in Brazil:

1 **What the heck?** Puma is pushing the envelope by putting its athletes in one pink shoe and one blue shoe. Apparently, this will make it easier to tell which foot that player is using to deliver the goals: Pink is right and blue is left. Look for Spain's Cesc Fabregas and Italy's Mario Balotelli in the boots.

2 **Shoes or socks?** Nike's statement for the World Cup is its new Magista and Mercurial soccer boots that use the company's fly-knit technology, which basically looks like cleats attached to a pair of socks. Cristiano Ronaldo is going to be wearing the Mercurial Superfly, a high-top version with a cool name.

3 **Adidas goes retro.** Adidas is offering the back-and-white Battle Pack collection of four different cleats. The only pop of colour is the trademark three stripes in neon orange. An exception was made for Messi, who gets the star treatment with his own design and a bit of added Argentina blue on his F50s.

4 **Golden boot.** The top goal scorer at the World Cup receives the Golden Boot award. But at least one player will already have his golden boots: Mizuno has designed special gold-and-black Wave Ignitus 3s for Keisuke Honda of Japan. It's only fitting for a player whose nickname is "Emperor Keisuke."

5 **Shine a light.** Ecuador goalkeeper Maximo Banguera will be wearing Lotto Solista boots that have a special skin that reflects light, which the Italian shoemaker claims causes the shoes to "glow" in direct sunshine or under bright lights. We'll let you be the judge. There are a number of YouTube videos demonstrating the effect.

Spain's Andres Iniesta is seen wearing his Nike Magista cleats during an exhibition soccer game. LIUS M. ALVAREZ/THE ASSOCIATED PRESS

World Cup fever is hot, so hit the beach to cool down!

People play with a soccer ball on Ipanema beach on Monday in Rio de Janeiro, Brazil. From souvenir hunting to autographs to trying some underwater kicks, revellers in Brazil have been preparing for the World Cup, which starts on Thursday and runs through July 13. Scan the photo with your Metro News app to see a photo gallery of the scene in Brazil. JOE RAEDLE/GETTY IMAGES

Transport chaos. Subway workers' strike threatens travel to World Cup games

Brazilian police and striking subway workers clashed Monday in a central Sao Paulo commuter station, with union officials threatening to maintain the work stoppage through the World Cup opening match here this week.

The threat came despite a Brazilian labour court ruling on Sunday the strike is illegal.

Authorities are deeply worried about the strike because the subway is the main means of transportation for World Cup fans who will attend Thursday's opening match when Brazil takes on Croatia.

The stadium is about 20 kilometres east of central Sao Paulo, where most tourists stay.

Earlier Monday, riot police firing tear gas forced about 100 striking workers out of the station as the strike threw Sao Paulo's normally congested traffic into chaos for a fifth day. About half of the city's subway stations were operating, but with greatly diminished service.

"This is the way they negotiate, with tear gas and repression," said Alexandre Roland, a union leader.

The standoff with the Sao Paulo transport workers is the latest unrest to hit Brazil in the run-up to the World Cup.

Teachers remain on strike in Rio de Janeiro and routinely rally and block streets. Police in several cities have gone on strike, but are back at work now. THE ASSOCIATED PRESS

Commuters wait to transfer to an open metro station during a tangled morning commute on Monday in Sao Paulo, Brazil. MARIO TAMA/GETTY IMAGES

Get more than a post-workout glow with GOODcoins

Virtual currency. Get moving to earn rewards with this new program

SCOTT TAYLOR
Metro in London, Ont.

You've heard of bitcoins.

Well, now London, Ont., is digging into another form of virtual currency designed to get people walking the walking and pedaling the bike to a healthier lifestyle.

Those who do will be rewarded with GOODcoins, which can be used to buy a number of environment-friendly goods and services such as solar lights, compost bins, organic bedding, food and more.

Adding it up

15

GOODcoins can be accumulated by participating in one or more campaigns in London, Ont., including walking for 15 minutes a day for 15 days or pedalling for 300 minutes in a month.

It's easy to do.

Residents of the southwestern Ontario city can sign up online at london.goodcoins.ca and download the app to any iPhone or Android — they're working on a BlackBerry version but aren't there yet. As long as your phone is with you, every step taken or pedal pushed will be recorded.

"This is a different kind of rewards program," said Jay Stanford, the city's director of environment, fleet and solid waste. "It's the new kid on the block, and it has a completely different vision."

The program is being offered through Zerofootprint Software, which has a mission to reward positive behaviour and healthy choices. GOODcoins, described as "evidence-based rewards currency," are being used in places from PEI to Vancouver. The company itself is based in New York and Toronto.

Zerofootprint CEO Dr. Ron Dembo said London is "the poster-child city for launching programs like this."

Coins can also be accumulated by reducing energy consumption, completing surveys and inviting friends to join.

Equifax

Demand for credit rising out West

Credit monitoring agency Equifax says demand for credit has increased for four consecutive quarters in Western Canada, while demand in the Eastern provinces continues to slow.

Equifax says first-quarter statistics show that consumers' overall debt, including mortgages, remains high at around $1.4 trillion, up from $1.33 trillion in the same period last year.

THE CANADIAN PRESS

Market Minute

DOLLAR 91.68¢ (+0.19¢)

TSX 14,871.21 (+32.31)

OIL $104.41 US (+$1.75)

GOLD $1,253.90 US (+$1.40)

Natural gas: $4.63 US (-$0.08)
Dow Jones: 16,943.10 (+18.82)

From corsets to the Wonderbra

This image released by the Museum at the Fashion Institute of Technology (FIT) in New York shows a 1770s European silk corset. From the corset to a 2014 bra-and-panty set in stretch silk, the Museum at FIT has taken on lingerie and ladies' foundation garments as the focus of a new exhibit. In about 70 pieces, Exposed: A History of Lingerie touches on the mechanics, marketing and cultural touchstones that have not only shaped women, but also shaped culture worldwide. The exhibition runs through Nov. 15.

EILEEN COSTA/THE MUSEUM AT FIT/THE ASSOCIATED PRESS

America. Toxic water ruling could block other homeowners from suing

The U.S. Supreme Court ruled Monday that a group of homeowners in North Carolina can't sue a company that contaminated their drinking water decades ago because a state deadline has lapsed, a decision that could prevent thousands of other property owners in similar cases from recovering damages after being exposed to toxic waste.

In a 7-2 decision, the justices said state law strictly bars any lawsuit brought more than 10 years after the contamination occurred — even if residents did not realize their water was polluted until years later.

The high court reversed a lower court ruling that said federal environmental laws should trump the state law and allow the lawsuit against electronics manufacturer CTS Corp. to proceed.

THE ASSOCIATED PRESS

Bubble not bursting yet. Home construction up 0.8% in Canada in May

Canadian home construction showed surprising strength in May, beating market expectations and continuing to defy expectations of a slowdown as the pace of housing starts hit a seven-month high.

The 0.8 per cent gain in May to a seasonally adjusted annual pace of 198,324 starts reported by Canada Mortgage and Housing Corp. built on the previous month's rebound from the near five-year low of 157,500 set in March, which increasingly appears to have been related to unusually poor weather.

Still, economists say the housing market can't sustain such a pace for much longer, given that by most indicators — from prices, to affordability, to home ownership rates to household debt — the sector appears to be at the top of its cycle. THE CANADIAN PRESS

METRO CUSTOM PUBLISHING

Ding! Ding!
TRANSIT TUESDAY

SUMMER CHANGES FOR UNIVERSITY ROUTES

On April 27, 2014, Saskatoon transit introduced its Summer Route Schedule. These support routes are being removed during the summer months and service will resume September 2, 2014. Details of the changes are as follows:

From April 27 to September 1, 2014, the following support routes will travel less frequently:

- Route 13 Lawson Heights
- Route 13 Broadway

From April 27 to September 1, 2014, the following route will be temporarily discontinued:

- Route 21 University

For more information, visit saskatoon.ca and click on "T" for transit or call 306-975-3100.

CONSTRUCTION SEASON IS HERE FOR 2014!

With the sun now shining the road construction season is in full swing. This means that some transit routes may be on a detour from their regular route. A detour means that stops may need to be closed and temporary stops in place for the duration of the detour. If this happens, notices will be posted on the stops affected to direct customers to temporary stop locations.

SIGN UP FOR TRANSIT SERVICE ALERTS

Want to know if your bus is stuck in traffic, running late or on a major detour? Sign up for Saskatoon Transit Service Alerts and be in the know! Simply visit Saskatoon.ca and click on 'Saskatoon Transit' in the Service Alert box on the home page. For more information, visit the Customer Service Centre or call 306-975-3100.

MONTHLY PASS REMINDER

Transit customers are reminded that monthly passes are valid for the calendar month purchased and not one month from the date of purchase. If you have questions about your pass or tickets, visit the Customer Service Centre or call 306-975-3100.

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SASKATOON transit
DELIVERING BUS RIDER PRIDE

RIGHT TO BARE ARMS NOT ABOUT GENDER

SHE SAYS

Jessica Napier
metronews.ca

As temperatures increase, so do the number of dress-code-related suspensions at schools across the country. About 30 students from Menihek High School in Labrador City, N.L., were sent home recently for wearing sleeveless shirts. One U.S. school even went so far as to digitally alter their yearbook photos — adding necklines and lengthening sleeves — in order to bring female students in line with its conservative dress code.

Angry teens and parents are speaking out against school administrations and their body-shaming clothing guidelines that demand young girls cover up so that their male schoolmates don't get "distracted" from their chemistry lesson. Personally I think we're kidding ourselves if we believe any teenage boy with Internet access would lose his mind over a bare collarbone or a visible bra strap.

Dress codes disproportionately affect female students; apparel designed for teenage girls is more revealing, and thus it's more likely to fall under a school's provisions about exposed midriffs and thighs. But if schools want to enforce mandatory clothing guidelines, they shouldn't do so in the name of oppressing sexuality and regulating male hormones. We need to take sex out of the equation and instead teach young girls AND boys about dressing appropriately.

Quebec student Lindsey Stocker is just one of many teenagers making headlines for violating her school's dress code. The Grade 11 student was suspended last month for wearing a pair of jean shorts that failed to pass the "fingertip" test. Stocker claims she was forced to stand up in front of her entire class with her arms by her side to determine whether her cut-offs were long enough to extend beyond her fingertips. They weren't.

Not only is this hemline examination embarrassing for students, it's also inherently flawed since it depends entirely on the individual's own body type. And let's face it — most of the shorts currently on sale at mainstream retailers aren't long enough to pass the fingertip test.

Adolescence is a confusing period of self-discovery and pushing boundaries. Pop culture and trendy fashion designers encourage young girls to show off their bodies while their parents and educational institutions are telling them to cover up.

School administrators need to have more tact when dealing with dress code violations rather than shaming offenders in the middle of a classroom full of their peers. Policing female bodies in order to preserve puritanical concerns of modesty is problematic. If schools insist on implementing rules on what not to wear, the rules shouldn't be about regulating sexuality; rather, dress codes should be designed to prepare students for life after graduation.

Young men and women should be encouraged to express their individuality, but they also need to understand the expectations of real-world employers. It's hardly a draconian measure to ask teens to reserve their beachwear for the weekends and cover up in the classroom. Especially when you consider some careers demand strict uniforms while most other jobs require a certain level of professional dress.

Sorry, kids, your future boss isn't going to care about your right to bare arms.

ZOOM

Willy Wonka would be proud

The Edible Mist Machines are available for hire. Inventor Charlie Harry Francis says: "It's interesting to see how clients are using them. We've had bookings for minty palate cleansers, double-flavour hits — strawberries and cream, bacon and chocolate — then clients who want to completely flavour-theme their event with multiple fun fair flavours like cotton candy, toffee apple and popcorn." COURTESY DAN REGAN/REX FEATURES

Charlie and the Edible Mist Machine

A British inventor has created a mist-ifying machine that allows you to inhale tastes including chocolate, apple pie, smoked bacon and even lobster.

The Edible Mist Machine produces delicious edible vapour in a range of more than 200 flavours. It is the brainchild of Charlie Harry Francis, founder of experimental food inventors Lick Me I'm Delicious. METRO

Glow-in-the-dark, Viagra, and other frozen treats

Francis's other claim to culinary fame has been experimental ice cream, including The Arousal, a dessert laced with Viagra designed to be man's ideal "pick-me-up."

In a recent Metro interview, Francis said: "Viagra is the funniest, but the oddest was the glow-in-the-dark ice cream because it uses jellyfish luminescence." METRO

Quoted

"It's a pretty fun machine; the range of flavours is massive and it's zero calories."

Charlie Harry Francis, 29, founder of experimental food inventors Lick Me I'm Delicious

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 4 in News, page 7 in Scene and page 14 in Sports

MetroTube

metro AR

Best of the bumper crop

ANDREW FIFIELD
andrew.fifield@metronews.ca

The coast of Newfoundland is, to use the local parlance, "maggoty" with icebergs this year. And this arched behemoth off Cape Spear is probably the most famous of this year's bumper crop.

Not content with the standard boat tourism, this light aircraft pilot decided to treat himself — and us — to a flyby of the famous berg. Then, seemingly non-content with a flyby, he decides to take things up a notch. (Via bendavis555/YouTube)

THE CANADIAN PRESS FILE

Letters

Ontario residents head to the polls in a few days and there is little talk about health care. To make it a priority, the Canadian Cancer Society is challenging leaders to take action on cancer issues, including access to take home cancer medications. Coping with a diagnosis and undergoing treatment is difficult enough, patients and families should not have to worry about how to fund their drugs. Provinces in Western Canada have provincial programs that cover the cost of eligible cancer drugs taken at home. It is time for Ontario to catch up. **Angie Woodcock, Canadian Cancer Society**

metro

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Scan this photo with your Metro News app to view The Sacrament trailer

DVD review

Alan Partridge

Director. Declan Lowney

Stars. Steve Coogan, Colm Meaney, Tim Key, Felicity Montagu

This is Steve Coogan's big-screen version of his doofus DJ character, Alan Partridge, a comedy mainstay for BBC radio and TV. Happily for Coogan and for us, the humour translates perfectly on this side of the pond.

Oblivious to his own buffoonery, Partridge is like a British version of Ron Burgundy from the Anchorman movies.

This is smart-dumb comedy, with the main story working an idea that audiences anywhere can get: the fear of change. Norfolk Digital Radio has just been bought out by a conglomerate that is bent on doing a complete makeover, with a new station name and, of course, staff downsizings.

The 50-something Partridge isn't too dense to realize he could soon be among the pink-slipped. He sneakily moves to protect his own rump by engineering the sacking of colleague Pat Farrell (Colm Meaney).

Extras include deleted scenes, a making-of featurette and a commentary track by Coogan and writers Rob and Neil Gibbons. **PETER HOWELL**

Swanberg comes out from behind the lens

Sort of. The multi-talented actor/director plays a cameraman in Ti West's latest creepy cult thriller, The Sacrament

NED EHRBAR
Metro World News in Hollywood

Indie filmmaker Joe Swanberg has a habit of turning up as an actor in friends' films — like The Sacrament, Ti West's found-footage thriller about a Vice reporting crew getting in over their heads at a remote Jonestown-like encampment. Of course, Swanberg spends most of the film manning a camera, so it wasn't that much of a stretch.

You're playing a cameraman in this, and it's a "found footage" film. Did you actually do any of the camera work yourself?
I did, yeah. There were just certain situations that required that because the camera was going to have to spin around and just see the whole room. Ti and I basically traded off operating duties. It was an interesting challenge because I was either performing with the camera on my shoulder, or what was even weirder was performing standing behind Ti who had the camera on his shoulder and sort of pretending to be there. It took a little bit to wrap my head around it.

Had you come across any cultish types of things like this before?
Not really, but I was fascinated with Jonestown. When Ti first called me about the movie, I had already seen a ton of documentaries about Jonestown and read a lot about Peoples Temple, so it was a story that was already really intriguing to me. And then adding the Vice component was really exciting because they're just so active right now, covering different kinds of stories and putting themselves into dangerous situations. I spent some time figuring out that kind of Vice vibe. They have their own way of doing it, so we wanted to try to get that right.

Joe Swanberg says he mostly ends up acting in his friends' films. GETTY IMAGES

How do you balance acting and pursuing your own filmmaking goals?
I've been pretty busy as a director the last year. There was a period of time when I was doing a lot of acting work, and that's kind of slowed down as I've focused more on my own stuff. But I really like to act, so I hope it's something that I'll be able to keep doing.

You have your next film as a director, Happy Christmas, coming out this summer, which seems like an odd time to release it.
Well, I would describe it as more of a comedy and a family movie than it is a Christmas movie. For an independent film, it's really hard to put a movie out in December. That's when the studios are putting out all of their big Oscar movies, and it's easy to get lost. We talked about it and felt that it was a movie that would stand a better chance of finding its audience in the summer, and then in a perfect world it will be out on DVD around Christmas, and if there's a holiday component to the movie, people can catch it on home video around that time.

What was Jonestown?

In the late 1970s, cult leader Jim Jones moved several hundred members of his group, the Peoples Temple, from the U.S. to Jonestown, Guyana. When family members raised concerns about their loved ones, members of the U.S. government visited the compound. It was during this visit that Jones spiked drinks with poison, killing himself and hundreds of his followers, including children.

SASKTEL SASKATCHEWAN JAZZ FESTIVAL

COLIN JAMES COMMON ST. VINCENT
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STAY WELL

easy ways to help you live well

These tips and tricks are already at your fingertips, easily within reach. Staying healthy has never been so easy!

1 Get the oral health-care supplies you want

Not every toothbrush is created equal. "Electric brushes remove two times the plaque compared to regular manual brushes," says Dr. Janet Tamo, who has practiced dentistry for more than 25 years. Visit the oral health-care section of your local grocery store to find models of Oral-B power brushes, the Crest Pro Health line, and other related products.

To ensure these products are right for you, read and follow the labels. Crest® Pro-Health Toothpaste fights cavities, plaque, tartar and gingivitis, and treats tooth sensitivity.

2 Treat your skin

A winter spent indoors can leave you with dry, scaly skin. Olay Regenerist Micro-Sculpting Cream reduces the appearance of lines and boosts hydration and brightness within 10 minutes of use.

3 The facts about daylight saving time

Turning the clock forward each spring can affect sleep patterns and lead to occasional sleeplessness. ZzzQuil contains diphenhydramine HCl, a compound that helps you fall asleep and sleep soundly so you wake refreshed.

To ensure this product is right for you, always read and follow the label.

4 Take care of your digestive tract

A daily dietary supplement such as Align Probiotic Supplement helps bring peace to your digestive system with healthy bacteria that helps provide ongoing relief of IBS symptoms such as abdominal discomfort, gas, and bloating.

To ensure this product is right for you, always read and follow the label.

5 Rid yourself of germs—easily

Crest Pro-Health Multi-Protection Rinse can rid your mouth of millions of germs and it's an effective way to fight gingivitis.

To ensure this product is right for you, always read and follow the label.

6 Stay comfortable

Always Infinity is a girl's best friend when she wants to feel fresh and dry during her period. You owe it to yourself to feel good all the time.

7 Boost your confidence

Whitening your teeth is one way of feeling more self-assured. Swing by the oral health-care section of your local grocery store and pick up Crest 3D White Whitestrips to get more confident about your appearance.

8 Increase your fibre intake

If you're not getting enough fibre from your veggies, try a fibre-rich drink. The fibre in Metamucil helps lower cholesterol levels* to promote heart health. Consider mixing a dose of Metamucil with water for a tasty drink—it'll add psyllium fibre to your diet.

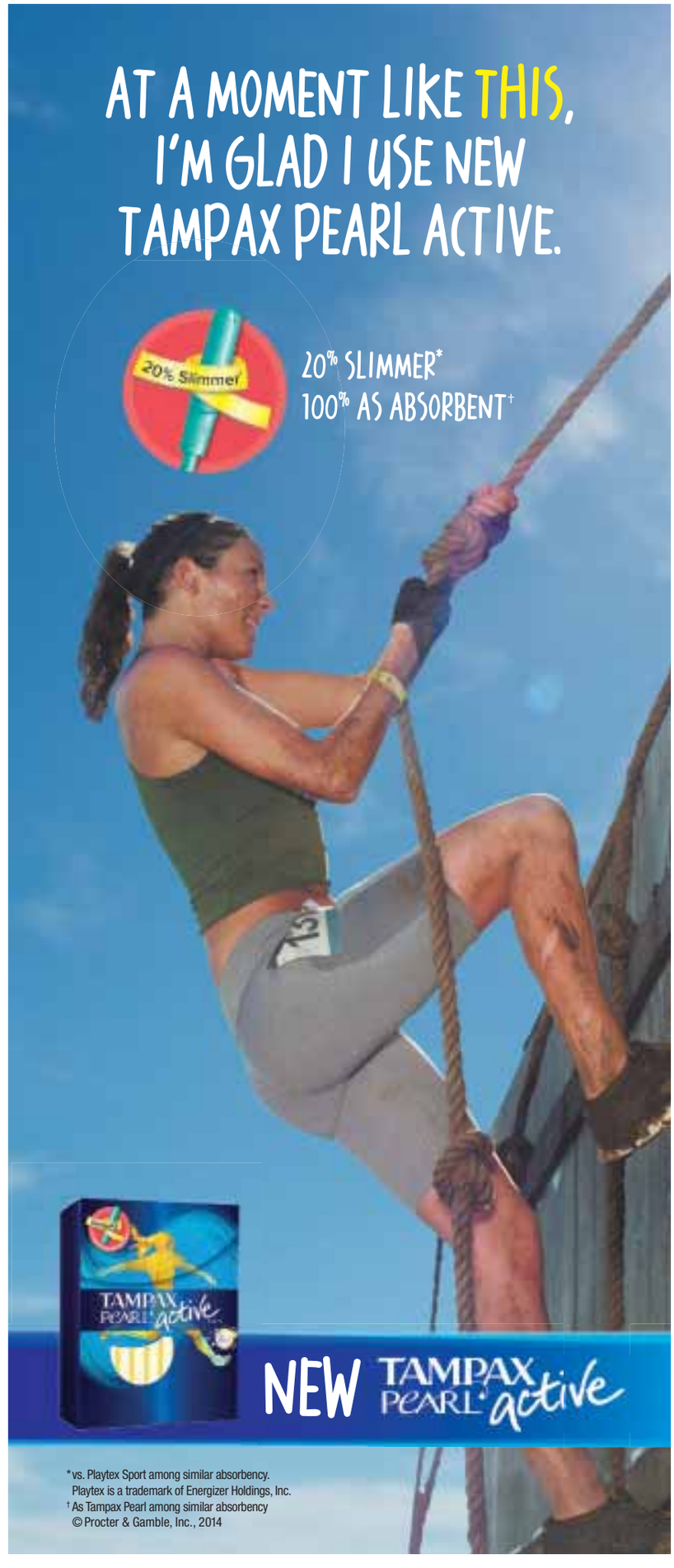
***Lowers mildly to moderately elevated cholesterol levels when taken with a low fat diet. To ensure this product is right for you, always read and follow the label.**

9 Get aerobic exercise

According to a study in the *American Journal of Preventive Medicine*, engaging in aerobic activity for two and a half hours every week (walking and cycling count!) can add an average of three years to your life. And remember, using Tampax Pearl Active will help you stick to your workout routine even when you're on your period.

GO ONLINE FOR MORE HELPFUL TIPS

Need more bright ideas to help you spring forward to a healthier you? Go to staywellmom.ca for tons of tips that are perfect for busy moms.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†As Tampax Pearl among similar absorbency
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Alleged burglar caught at Sandra's L.A. home

Police say they arrested a burglar at the Los Angeles home of Sandra Bullock while the actress was there, but she wasn't harmed.

Los Angeles police spokeswoman Nuria Vanegas says officers responded to the call of a prowler around 6:30 a.m. Sunday and arrested 39-year-old Joshua Corbett on suspicion of residential burglary.

Bullock's publicist Cheryl Maisel acknowledged the burglary to People magazine and said Bullock is "unharmed and fine." THE ASSOCIATED PRESS

Sandra Bullock

Rachel McAdams

Don't worry, Gyllenhaalics, Rachel McAdams didn't steal your boyfriend

Jake Gyllenhaal and Rachel McAdams turned heads in Pittsburgh recently while out to dinner at local eatery Meat and Potatoes, according to E! News. The date immediately prompted tabloid speculation that a new Hollywood romance is in the works, but apparently everyone's getting ahead of themselves. It turns out McAdams and Gyllenhaal, who are in Pittsburgh to film their new movie, Southpaw, are just good friends and colleagues. For now, at least.

METRO WORLD NEWS

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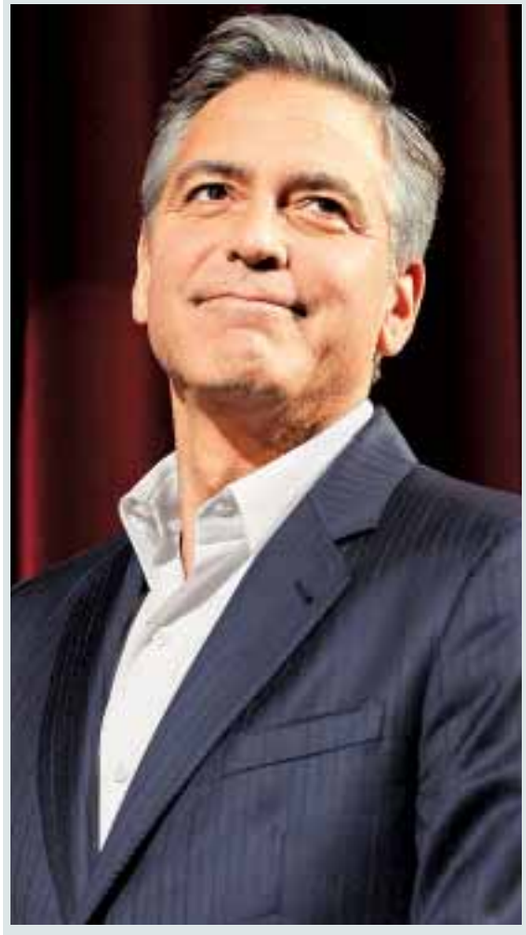
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



George to wed in Venice, but exact plans still Up in the Air

MELINDA TAUB
Metro World News

If you want to crash the wedding of George Clooney and his fiancée, Amal Alamuddin (which of course you do), you might have to hijack a gondola to do it. The two are reportedly planning to wed in Venice.

The lovebirds were recently spotted in Venice touring potential wedding venues big enough to hold all of Ocean's 11. "George and Amal want to be married in Italy, but they need a location that offers them and their guests privacy," a source told Page Six.

As Clooney fans know, the star is already an Italian resident — he lives on Lake Como. However, he and Amal apparently decided his estate wasn't secure enough to withstand the media circus that will follow the wedding of the world's second most eligible bachelor (Prince Harry's probably No. 1 at this point).

Italy is becoming quite the hot spot for celebrity weddings — Kim Kardashian and Kanye West tied the knot in Forte di Belvedere in Florence last month, and as we all know, as Kim Kardashian goes, so goes George Clooney. He's really got to stop copying her so much.

Will Bryan Singer get the boot from the next X-Men film?

Bryan Singer's legal troubles didn't seem to have any negative impact on the box office for X-Men: Days of Future Past, but that doesn't mean he's in the clear just yet as far as professional fallout goes.

All the attention surrounding Singer — who is being sued for allegedly sexually assaulting a then-17-year-old boy in 1999 — could still cost him the directing job for the franchise's next film, X-Men: Age of Apocalypse, according to Radar Online.

"Fox isn't confident in it not heavily impacting production. Bryan's lawyers are going nuts because the deal was closed months ago," a source says, adding that the studio brass "don't really care whether he's innocent or guilty. They're only concerned with the bottom line, which is giving him another $250 million to $350 million US to make Apocalypse.

"There have been talks about who else he'd let direct it with him producing, but those led to heated arguments and walkouts. They're also looking at how far back they can push production without moving the release date, if any lawsuit did get a court date."

METRO WORLD NEWS

Bryan Singer

ALL PHOTOS GETTY IMAGES

Putting her mettle to the pedals

Worthy cause. Danielle Berman uses her bike to ride away stigma about mental illness

AUSTEN GILLILAND
life@metronews.ca

Danielle Berman is about to set off on the ride of a lifetime.

As the organizer of Ride Away Stigma, Berman's bicycle journey will take her from Vancouver to Hamilton — almost 4,300 kilometres — in seven weeks. In that time, she will raise both money and awareness for mental health and suicide prevention, and help break down the stigma that surrounds mental illness.

She's been preparing for a year, organizing sponsorships and donations, speaking to students about mental health — all while bicycling 85 to 140 kilometres a day, six days a week. "It's basically a full-time job," says Berman, 27, who recently completed her master's degree in social work and is pursuing a career in psychotherapy.

Ride Away Stigma was inspired by her own struggles with depression and by her dad, Dr. Les Berman, a Hamilton-area respirologist who died by suicide in 1999.

Berman was a well-respected doctor and an enthusiastic cyclist. He passed his love of the sport along to his daughter. "He loved travelling and adventures," says Berman, who will ride her father's refurbished Cannondale bike as she sets off from Vancouver on July 15. "I thought the ride would be the perfect way to honour him."

Although he was never formally diagnosed with depression, Berman thinks his death was caused in part by the way that depression is stigmatized by society — and that it's likely her father felt he couldn't seek treatment without negative social and professional consequences. "It's important that we break down the stigma," she says, "so when people are struggling, they feel comfortable seeking help. That's why I wanted to focus on the stigma. I believe that's a huge part of why my dad didn't seek help."

Berman has planned her trip with the goal of maximizing exposure for her cause. "Because I will be on the road for so long," she says, "I'll be able to build momentum and reach as many people as I can." She has invited cyclists across the country to join her as she rides through their city this summer.

By the time she arrives in Hamilton on Sept. 7, Berman hopes to have raised $60,000. Two-thirds of the proceeds will benefit the Suicide Prevention Community Council of Hamilton and St. Joseph's Healthcare Hamilton, organizations the Ancaster, Ont. woman chose because of the local connection.

"I also thought it was important to do something that can positively affect all of Canada," she says, so the final third of the funds will go to the Canadian Association for Suicide Prevention, chosen to reflect the cross-country nature of her trip — and because mental health is something that concerns all Canadians.

"At the end of the day, this ride isn't about me," she says, emphasizing that defeating the stigma that surrounds mental health issues will take more than just one woman on a bicycle. "We need to do this together to make a difference. It's all of us together."

Danielle Berman poses with her father's old bike. She will be starting and ending the ride on the bike. DAVE HEIDEBRECHT

Danielle as a child with her father, Dr. Les Berman, a well-respected doctor and enthusiastic cyclist, who committed suicide. CONTRIBUTED

Get involved

For more information about the ride, or to donate, visit rideawaystigma.com.

Quoted

"We need to do this together to make a difference. It's all of us together."

Danielle Berman, organizer of Ride Away Stigma

What Brazil can teach Canada about food

'Recipe for health.' The country tackles growing waistlines with a new proposed food guide that goes beyond nutrients

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Soccer fans flocking to Brazil for the 2014 FIFA World Cup (June 12 to July 13) may find very roomy seats, depending on the stadium they are in. Partly because of the country's obesity problem, at least one per cent of the seats in Brazil's newly built World Cup venues will be extra-wide — about double the size of regular seats.

According to a 2013 report by research firm GlobalData, by 2022 an estimated 64 million people in Brazil, whose economy has grown rapidly in recent years, will be overweight. And 26 million — more than one eighth of the population — will be obese.

Here's the good news, and it's something Canadian policymakers may want to consider: Brazil's ministry of health has proposed a new food guide that focuses not on nutrients, but on meals and foods. It's "a recipe for health," says Dr. Yoni Freedhoff, medical director of the Bariatric Medical Institute in Ottawa, and author of The Diet Fix. He adds that many of the world's dietary guidelines, including Canada's, "are stuck in a nutrient-focused approach where the goal is to ensure people meet their nutrient quotient. But people don't shop for nutrients; they shop for foods." He also notes that a nutrient focus confuses consumers into thinking a highly processed food that has been enriched with a nutrient is a healthful choice.

Jean-Claude Moubarac, a post-doctoral research fellow at both the University of São Paulo in Brazil and the University of Montreal, worked on the guide, which is undergoing public consultation. "It was important to have a guide that was updated and addressed the most recent view of nutrition." That view also includes a focus on the role of food processing and the context of eating. "The way you eat is as important as what you eat," says Moubarac. "We tend to be busy and stressed, and see eating as something we need to do quickly."

Instead, meals should be prepared and enjoyed with others.

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Sardines are the perfect small fry

Gone fishin'

Smallest fish are the most delish — and the healthiest

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The higher up the fishy food chain you go, the more impact you have on our oceans' fish stocks. One large tuna or swordfish had to eat thousands of smaller fishes over its lifetime, and even more were used as bait to catch it. To boot, the longer that large fish has lived, the more mercury, PCB, lead and other pollutants it has accumulated. (You then get to carry those pollutants around in your body, to your detriment.)

All this means is that the healthiest fish for us (and for the planet) are the smaller fish.

Some of these small fish include delicious species like herring and sardines. Both weigh in with as much, if not more, omega-3 as salmon and are cheap and plentiful.

The bonus of eating these fish is that it helps to create a more sustainable fishing industry and healthier oceans. Aren't you the chicest dinner party/brunch thrower?!

Cooking these couldn't be simpler or quicker. They really are a three-minute miracle.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIEND-INFOOD.COM

Barbecued Small Fish. Quick and easy to prepare, tiny fish with capers and lemon bake up delicate and sweet

This recipe uses smelts, herring or sardines. You may need to go to a fish market to find them, but it's worth the effort as their sweet, delicate meat cooks in mere minutes.

Purchase cleaned fish. Eating them is easy: Slide your fork over one side to pull off the flesh and expose the skeleton, which can be lifted away whole.

Ingredients

- 1 to 1 1/2 lb small fish
- 1 lemon, sliced
- 2 tbsp capers
- 1/4 cup fresh dill (or 1 tbsp dried)
- 4-6 dashes hot sauce

This recipe makes four servings. THERESA ALBERT

Directions

1. Place fish into a glass casserole dish or lasagna pan.
2. Slice lemons very thinly and lay on top of fish.
3. Sprinkle capers and dill over fish and splash with hot sauce.
4. Bake in 425F oven or on barbecue for 6-8 minutes.
5. Season at the table with sea salt and pepper.

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Smoky grilled zucchini puts a spin on chèvre

Grilled Zucchini Rolls. Perfect for the barbecue, grilled zucchini slices are filled with goat cheese, flavourful sun-dried tomatoes, and thyme

Grilled zucchini rolls. NEWS CANADA

Ingredients

- 3 medium zucchinis, sliced 1/4 inch thick, lengthwise
- 1 tbsp olive oil
- 4 oz chèvre (soft goat cheese), at room temperature
- Pinch freshly ground black pepper
- Pinch kosher salt
- 2 tbsp sun-dried tomatoes, oil-packed, minced
- 1 tsp oil, from the sun-dried tomatoes
- 1 tsp fresh thyme, minced
- 2 tbsp Parmesan cheese, freshly grated

Directions

1. Preheat barbecue on medium.
2. Brush both sides of sliced zucchini with olive oil and sprinkle with salt. Place on the barbecue and grill for 4 minutes per side.
3. When cooked, set on a wire rack to cool.
4. In a small bowl, combine the chèvre, pepper, salt, sun-dried tomatoes, oil and thyme.
5. Using a small spatula, spread the cheese mixture thinly over one side of the zucchini. Lightly roll the zucchini, and place seam side down on a small parchment-lined baking sheet. Sprinkle with Parmesan cheese. Place baking sheet on top rack of barbecue for 15 minutes.
6. Remove to a platter and serve.

NEWS CANADA/BROILKINGBBQ.COM

A GOOD NIGHT'S REST MEANS GOOD HEALTH

Metabolism, mood and mental alertness all affected by sleep

Canadians spend one-third of their lives sleeping, according to Statistics Canada. When we don't get enough shut-eye, our productivity and behaviour are negatively impacted. This affects our work, family and personal life, plus our physical and mental health.

Although sleep needs differ from one person to another, the experts believe that adults need between seven and nine hours of deep nightly slumber in order to feel refreshed. Good sleep habits contribute to important health benefits such as weight control. Why? Constant sleepiness can make us pack on the pounds because it slows our metabolism.

Adequate rest also helps us concentrate, enhances our ability to solve problems and make decisions, and improves our mood. If you get enough regular sleep, you may even live longer. Studies have found that people who routinely sleep for fewer than six hours a night have a higher risk of dying sooner than those of a similar age who snooze for seven or eight hours.

If you want to sharpen your memory, you have to sleep more. There is strong evidence that the long-term storage of memories occurs during sleep. According to Webmd.com, researchers believe that without adequate sleep, our brain has a harder time absorbing and recalling new information.

The 2010 Sleep in America poll found that from 20 to 30 per cent of men and women felt their sexual relationships had been affected by their fatigue. What better reason to hit the sheets a bit earlier than usual? *– Jane Doucet*

IMMUNE SYSTEMS

Constantly being sleep deprived makes us feel worn down, which is a sign that our body is vulnerable to infection and other illnesses and not at its strongest to fight them. Studies have linked sleep deprivation to a higher risk of developing not only colds and flu but also heart disease, diabetes and obesity.

SHUTTERSTOCK

Find out if you have sleep apnea

More than one in four Canadian adults are at risk of having obstructive sleep apnea, but despite this high prevalence, OSA commonly remains undiagnosed.

"OSA is a medical condition in which the muscles of the throat relax excessively during sleep, causing narrowing or closure of the upper airway," said Tania Lamers, RN and clinic manager with Provincial Sleep Group. "This causes repetitive stoppage of breathing, which reduces oxygen levels in the body, and causes awakening from sleep."

Usually associated with snoring and excessive daytime fatigue, other symptoms include gasping or choking during sleep, morning headaches, large neck circumference, frequent urination at night, and medical history of hypertension, diabetes, or obesity. Untreated OSA can lead to cardiac problems, stroke, and increased risk for motor vehicle accidents.

If you think you have OSA, your physician will prescribe a sleep test. With Provincial Sleep Group, sleep tests are done in the comfort of your own home, and are interpreted by an independent respirologist.

Established in Edmonton in 2009, Provincial Sleep Group is locally owned and operated by respiratory therapists and registered nurses, with additional locations in Regina, Saskatoon, Prince Albert, Moose Jaw, Red Deer, Nanaimo, and Victoria.

"We strive to provide efficient, quality care, ensuring successful treatment and improved quality of life for our patients," said Lamers.

☑ Do you snore?
☑ Are you excessively tired during the day?
☑ Have you been told you stop breathing during sleep?
☑ Do you have High Blood Pressure or Diabetes?
☑ Is your neck size >17 inches (male) or >16 inches (female)?

If you answer "YES" to 2 or more of these questions, you need a sleep test.

Contact your nearest Provincial Sleep Group Clinic to arrange a no charge sleep test as soon as possible.

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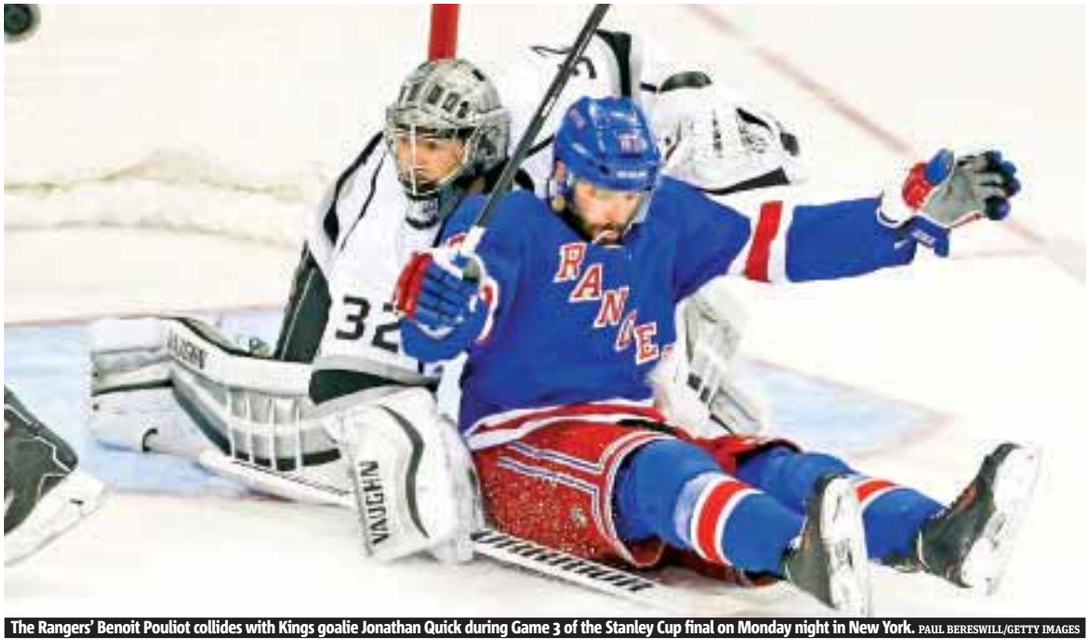


The Rangers' Benoit Pouliot collides with Kings goalie Jonathan Quick during Game 3 of the Stanley Cup final on Monday night in New York. PAUL BERESWILL/GETTY IMAGES

Kings making Quick work of Rangers

Stanley Cup final. L.A. takes stranglehold of series with 3-0 lead

This Stanley Cup final is beginning to look like a Quick series.

Thanks to 32 saves from goaltender Jonathan Quick, the Los Angeles Kings beat the New York Rangers 3-0 in Game 3 Monday night to take a commanding 3-0 series lead and move within one victory of hoisting the cup.

Game 3

Kings	Rangers
3	0

"He was our cornerstone," Kings winger Marian Gaborik said of Quick. "Our penalty kill was great and he was our best penalty-killer."

Quick was masterful in his poise and in his reflexes to record his second shutout of these playoffs and the ninth of his NHL career in the post-season. The native of nearby Milford, Conn., who grew up a Rangers fan, managed to do it in his first game at Madison Square Garden, which made it even more memorable.

"He's always our backbone," Kings defenceman Drew Doughty said.

To supplement Quick, the Kings got goals from Jeff Carter, Jake Muzzin and Mike Richards and were in control all night despite being outshot 32-15.

New York goaltender Henrik Lundqvist stopped 12 shots, but he couldn't do anything about his counterpart following the lead of his childhood idol, Mike Richter, who helped the Rangers win the Stanley Cup 20 years ago.

After the Rangers' Game 3 loss, they got one step closer to extending their current drought beyond 20 years. And the Kings moved to the verge of their second title in three seasons. THE ASSOCIATED PRESS

Clippers sale

Sterling pulls out of deal, lawsuit back on: Attorney

Los Angeles Clippers owner Donald Sterling has pulled his support from a deal to sell the team to former Microsoft CEO Steve Ballmer and will pursue his $1-billion federal lawsuit against the NBA, his attorney said Monday.

"We have been instructed to prosecute the lawsuit," said attorney Maxwell Blecher. He said co-owner Donald Sterling would not be signing off on the deal to sell.

Donald Sterling agreed to ink the deal and drop the suit last week assuming "all their differences had been resolved," his attorneys said. But he decided to not sign the papers after learning the NBA won't revoke its lifetime ban and fine.

THE ASSOCIATED PRESS

Tennis

Bouchard climbs world rankings

Canada's Eugenie Bouchard has moved up four spots in the WTA tennis rankings following her semifinal appearance at the French Open. The player from Westmount, Que., is ranked a career-high 12th, up from No. 16.

Russia's Maria Sharapova moved up three spots to No. 5 after winning the women's title in Paris on the weekend.

On the men's side, Milos Raonic of Thornhill, Ont., remained in the ninth spot.

THE ASSOCIATED PRESS

Dwyane Wade of the Miami Heat drives to the basket against Manu Ginobili of the San Antonio Spurs during Game 2 of the NBA Finals on Sunday. Scan the image with your Metro News app to see how some of the Finals' top performers have fared in Games 1 and 2. ANDY LYONS/GETTY IMAGES

Heat see themselves in Spurs

Dwyane Wade thinks there's no one better than the Miami Heat at dealing with the mental challenge of the playoffs. In his eyes, only one other team might compare. He's talking about the San Antonio Spurs.

That's why Wade believes these NBA Finals are just getting started.

When he looks at the Spurs, he sees qualities his own team has, including an ability to break down a loss and quickly correct things. It's what Miami did before Game 2 of the finals and it's what Wade expects the Spurs to do before the title series resumes with Game 3 in Miami on Tuesday night.

Record-breaking squad

11

Miami has won a franchise-record 11 straight post-season games at home.

"You never put them away," Wade said. "I think they always believe and it's the same with us. You can't, you won't, put us away because we're always going to believe. That's why this is a perfect, different animal, kind of series. They're the other team like us. They don't lose much and when they do they come back and are better in the next game."

That would explain why on Monday, instead of a day off, the Heat gathered to watch video of Game 2.

By winning in San Antonio to even the finals at 1-1, home-court advantage now belongs to the Heat. But no one in their locker-room thinks it's going to get easy now.

"They played a great game," Spurs guard Tony Parker said after Miami's 98-96 win in Game 2, the 13th straight time the Heat immediately followed a post-season loss with a victory. "Now it's our turn to go over there and get one. "

THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Your confidence is high but today's lunar eclipse of Saturn warns it may be only skin deep. Some kind of setback could easily send you into a tailspin, so strive to keep a sense of perspective.

♉ Taurus
April 21 - May 21
The planets warn you will have to fight hard to get your way today. Alternatively, of course, you could decide the effort isn't worth it and not fight at all. Let fate take its course.

♊ Gemini
May 22 - June 21
The more work you were hoping to do today the more the cosmos will conspire to hold you back. Now that you know that, you can stop flogging yourself half to death and take a breather.

♋ Cancer
June 22 - July 23
Keep your distance from people who seem so negative about life. It's all good at the moment, for you at least, so be optimistic and believe, with all your heart, that great things are coming your way.

♌ Leo
July 24 - Aug. 23
It would be nice if everyone was as enthusiastic about life as you are but it isn't going to happen. All you can do is smile and be a wonderful example.

♍ Virgo
Aug. 24 - Sept. 23
You may feel you are to blame for other people's problems but there is no logical reason why that should be so. The more they try to hold you responsible, the more likely it is to be their fault!

♎ Libra
Sept. 24 - Oct. 23
A positive attitude is essential because if you let even one negative thought creep into your mind it's likely to get stuck there. Life is getting better — believe it, it's true.

♏ Scorpio
Oct. 24 - Nov. 22
There is no point worrying about things over which you have no control. Let go of your fears and doubts and start thinking of life as a great and exciting adventure.

♐ Sagittarius
Nov. 23 - Dec. 21
Something will occur over the next 48 hours that reminds you just how much there still is to learn. You may yearn for perfection but it's never going to happen, so learn to be happy with who you are.

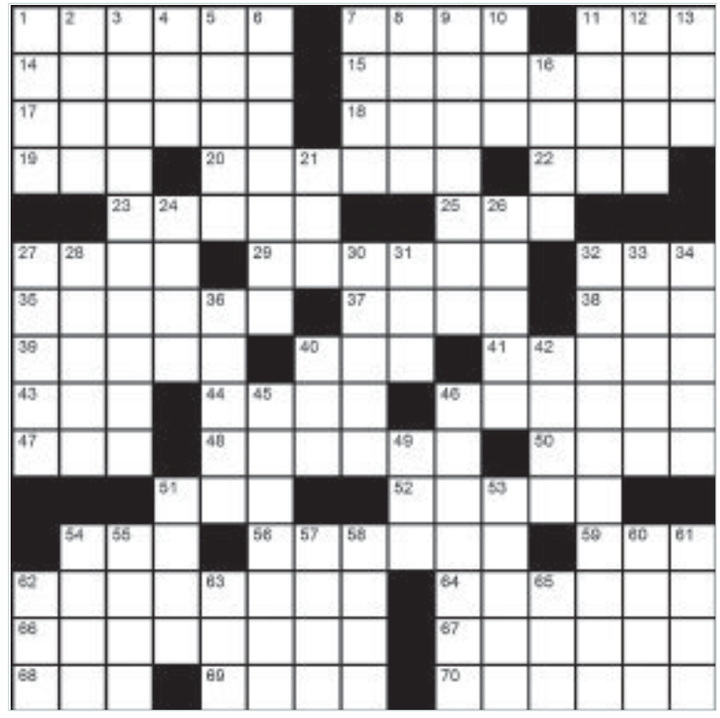
♑ Capricorn
Dec. 22 - Jan. 20
You may find it hard to feel sorry for someone who has clearly brought difficulties on themselves but if they approach you for help today you won't turn them away.

♒ Aquarius
Jan. 21 - Feb. 19
You may be tempted to get involved in an issue that is not your concern but if you are smart you will give it a miss. It will work itself out without your input.

♓ Pisces
Feb. 20 - March 20
You may want to come and go as you please but Saturn, planet of limitation, won't let you. There is something you need to do before you make your getaway. What might it be? Give it some thought — then act. SALLY BROMPTON

Crossword: Canada Across and Down

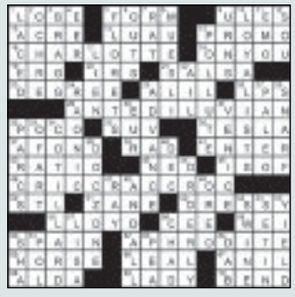
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. 'Tenth Muse', to Plato
7. Prefix to 'cross' (Off-road sport for bikers)
11. School org.
14. Wobbly
15. For example... Evangeline: A Tale of Acadie: 2 wds.
17. Tiger, for one: 2 wds.
18. Hogwarts School of Witchcraft and __
19. Film studio, DreamWorks ___
20. ABBA's "__-Vous"
22. Belief system
23. Rolling Stones live album: 'Get Yer __-__ Out!'
25. Gird
27. Cummerbund
29. Watchman
32. CFL game div.
35. Most kind
37. Ms. Turturro of "The Sopranos"
38. OPEC member country
39. Bakery attraction
40. Caesar's 610
41. Rocker Mr. Redding's
43. Preacher, e.g.
44. Provo's place
46. Element
47. Earlier, olde-style
48. Useful accounting info: 2 wds.
50. Massachusetts' motto starter
51. Blokes
52. Reels
54. Car company
56. "Beauty and the Beast" (1991) character
59. Up to __
62. 'Ghosts' is this band's brand new album: 2 wds.
64. Conceptualize
66. Ian __, Toronto-born lead singer of #62-Across who is married to #9-Down
67. 1997 Green Day album
68. London's li'l locale
69. Achy
70. Assigned a job

Down
1. Stand-ins
2. Name for Canada's series of satellites
3. East Coast: Picturesque postcard place: 2 wds.
4. Piping stuff, commonly
5. Leaden
6. Where to put jam in the morning: 2 wds.
7. Weak whine
8. Mayberry kid of '60s TV
9. Christine __ (Host of CBC's "Best Recipes Ever")
10. Wood sorrel
11. Pea 'packages'
12. Condition
13. Ms. Adams
16. Refined
21. Employ
24. "Cough..."
26. Mr. Gosling's
27. Drum kit part
28. Broadcaster
30. Night: German
31. Concert items, commonly
32. Government of Ontario hub in Toronto: 2 wds.
33. Powders
34. Remainder: French
36. Lightly fry
40. Jadzia __, "Star Trek: Deep Space Nine" role
42. Welcoming
45. Hybrid citrus fruit
46. Put a person in a position
49. 'Violin' suffix
51. Bryn __ (Pennsylvania college)
53. Mumbai's country
54. The Greg __ Band
55. Elvis' "__ __ Stung"
57. Tennis serving whiz
58. Dog breed, __ Terrier
60. Stick _ __ in the water
61. Mr. Foxx
62. "Let It Ride" gr.
63. Hosp. professionals
65. Dorothy's Auntie's namesakes

Yesterday's Crossword



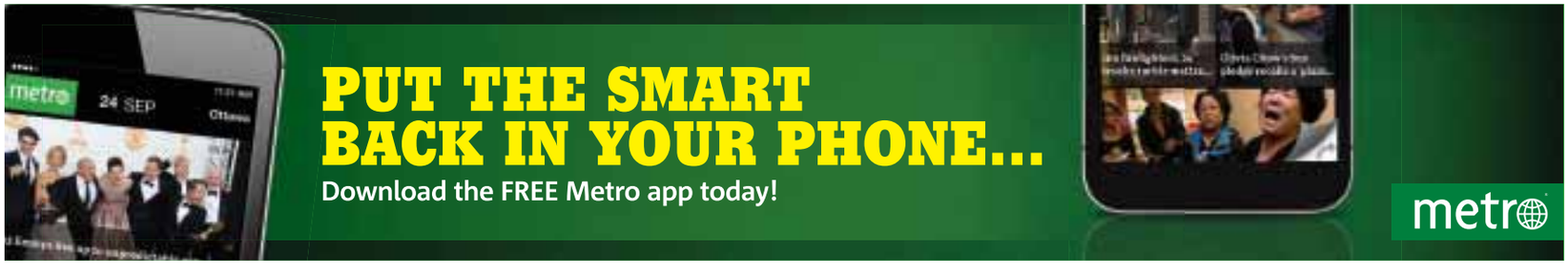
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

4	2					7		3
7			6			4		
		8	9					
				3				5
9		1	4		7	8		2
6				5				
					2	5		
		2			1			8
8		4					2	7

Yesterday's Sudoku

9	1	2	7	6	5	3	8	4
6	3	5	8	1	4	2	7	9
7	4	8	2	3	9	1	5	6
1	8	4	3	7	2	6	9	5
5	2	7	4	9	6	8	1	3
3	6	9	5	8	1	7	4	2
8	9	3	6	4	7	5	2	1
2	7	1	9	5	3	4	6	8
4	5	6	1	2	8	9	3	7



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